



## M.S.T.C.A. Winter Festival

**Large Schools – Saturday, December 9, 2023 – 10:00 AM**

**Small Schools – Sunday, December 10, 2023 – 10:00 AM**

**Robert McIntyre Track at Reggie Lewis Track and Athletic Center  
1350 Tremont St., Roxbury, MA**

<b>Hosted by:</b>	Large Schools – Wachusett Regional High School Small Schools – Triton Regional School District
<b>Sanctioning:</b>	M.I.A.A. sanctioned for all MA association member schools.
<b>Sponsors:</b>	The Run House: <a href="https://therunhouse.com/">https://therunhouse.com/</a>  Puma: <a href="https://us.puma.com/us/en">https://us.puma.com/us/en</a>
<b>Meet Directors:</b>	Large Schools – Mike O’Malley, <a href="mailto:wrhscoacho@gmail.com">wrhscoacho@gmail.com</a> Small Schools – Joseph Colbert, <a href="mailto:Joseph.Colbert@tritonschools.org">Joseph.Colbert@tritonschools.org</a>
<b>Small/Large School Threshold:</b>	<ul style="list-style-type: none"><li>• Large Schools are those in MIAA Divisions 1 and 2 for Indoor Track &amp; Field.</li><li>• Small Schools are those in MIAA Divisions 3, 4, and 5 for Indoor Track &amp; Field.</li><li>• Each school’s placement is based on the 2023-25 MIAA alignments for Indoor Track &amp; Field:</li></ul> <p style="text-align: center;"><b><u><a href="#">INDOOR TRACK ALIGNMENTS For Winter 2023-24 and 2024-25</a></u></b></p> <ul style="list-style-type: none"><li>• If you are uncertain of your school’s alignment, or believe the wrong meet is in your athletic.net entry calendar, please contact Director of Meet Operations Matt Carr at <a href="mailto:mstca.indoor@gmail.com">mstca.indoor@gmail.com</a></li></ul>
<b>Meet Description:</b>	<p>The Winter Festival is a pair of developmental meets, sponsored by the Massachusetts State Track Coaches Association, with the objective of enhancing the track and field experience for the youth of Massachusetts.</p> <p>With only a few, modest entry standards and an open long jump pit for practice sessions, the Winter Festival meets are designed to give almost any of your athletes a chance for quality performances early in the season.</p>

<p><b>Mandatory Paperwork Entry Fees and Forms:</b></p>	<p>All of the following FORMS can be found on the MSTCA website by selecting “Coaches Corner” and then “MSTCA Forms,” or via this link: <a href="https://mstca.org/forms">https://mstca.org/forms</a></p> <p><b><u>Single Waiver Form:</u></b></p> <p>All teams must submit the MSTCA Single Waiver Form for the Indoor Season prior to their team being allowed to compete in any meets.</p> <p><b><u>Emergency Contact Form:</u></b></p> <p>All teams must fill out the MSTCA Emergency Contact Form for the Indoor Season.</p> <p><b><u>Payment Forms:</u></b></p> <p>Payment must be arranged <b>IN ADVANCE</b> of any meet that your team will attend. Regardless of payment method, please complete the Single Payment Form.</p> <p><b><u>Entry Fees:</u></b></p> <p>\$12 per individual event  \$30 per relay team  \$325 maximum fee per school per gender</p> <p>Questions regarding entry fees should be addressed to Jayson Sylvain, the MSTCA's Chief Financial Officer, at <a href="mailto:mstca.cfo@gmail.com">mstca.cfo@gmail.com</a></p> <p>Checks should be made payable to the “MSTCA”</p> <p>The MSTCA Tax ID# 04-3394224</p> <p>Mailing Address:  MSTCA  P.O. Box 1008  Mansfield, MA 02048</p>										
<p><b>Events and Standards:</b></p>	<p><b><u>Events (Standards):</u></b></p> <table border="0"> <tr> <td>55m Hurdles (No Standard)</td> <td>One Mile (Boys - 6:00; Girls - 6:45)</td> </tr> <tr> <td>55m Dash (No Standard)</td> <td>Two Mile (Boys - 12:00; Girls - 13:30)</td> </tr> <tr> <td>300 Meters (No Standard)</td> <td>4 x 200m Relay (No Standard)</td> </tr> <tr> <td>600 Meters (No Standard)</td> <td>4 x 400m Relay (No Standard)</td> </tr> <tr> <td>1000 Meters (No Standard)</td> <td>4 x 800m Relay (No Standard)</td> </tr> </table> <p>Shot Put (No Standard)  High Jump (No Standard)</p> <ul style="list-style-type: none"> <li>• Please submit seed times/distances when available.</li> <li>• If an athlete does not have a seed, please leave it blank.</li> <li>• If an athlete is not going to be able to make the standard in the mile or two mile, PLEASE DO NOT enter them in those events. There are other event options.</li> </ul>	55m Hurdles (No Standard)	One Mile (Boys - 6:00; Girls - 6:45)	55m Dash (No Standard)	Two Mile (Boys - 12:00; Girls - 13:30)	300 Meters (No Standard)	4 x 200m Relay (No Standard)	600 Meters (No Standard)	4 x 400m Relay (No Standard)	1000 Meters (No Standard)	4 x 800m Relay (No Standard)
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<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>● MIAA/NFHS rules will be in effect.</li> <li>● Athletes may participate in no more than <b><u>1 running, 1 field, and 1 relay event.</u></b> Athletes over-entered will be automatically scratched from excess events by meet order.</li> <li>● A school may enter only one relay team per relay event.</li> <li>● Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul>
<b>Entry Deadline:</b>	<ul style="list-style-type: none"> <li>● Tuesday, December 5, 2023, by 8:00 PM.</li> <li>● All entries must be submitted through <a href="http://www.athletic.net">www.athletic.net</a></li> <li>● <b><u>Late Entry Policy:</u></b> There are NO late entries accepted for any MSTCA meets.</li> </ul>
<b>Order of Events:</b>	<p><b>FIELD EVENTS - 10:00 AM</b></p> <p><b>Shot Put:</b> Boys followed by Girls.</p> <p><b>High Jump:</b> Check in begins on the infield at the conclusion of the 55m dash. Two jumping pits in use; Boys and Girls compete simultaneously.</p> <p><b>Long Jump:</b> Open runway. See long jump section below for information.</p> <p><b>INFIELD - 10:00 AM - Boys followed by Girls</b></p> <p><b>Hurdles Trials:</b> Boys followed by Girls. Serpentine seeding. Fastest 16 advance to a two-section Final.</p> <p><b>Dash Trials:</b> Boys followed by Girls. Serpentine seeding. Fastest 16 advance to a two-section Final.</p> <p><b>Hurdles Finals:</b> Boys followed by Girls</p> <p><b>Dash Finals:</b> Boys followed by Girls</p> <p><b>OVAL - 10:45 AM - Boys followed by Girls</b></p> <p><b>One Mile:</b> Sections on time. Fastest section first.</p> <p><b>600 Meters:</b> Sections on time. Fastest section first.*</p> <p><b>1000 Meters:</b> Sections on time. Fastest section first.</p> <p><b>300 Meters:</b> Sections on time. Fastest section first. In lanes the entire race.*</p> <p><b>Two Mile:</b> Sections on time. Fastest section first.</p> <p><b>4 x 200m Relay:</b> Sections on time. Fastest section first. Three-turn stagger.*</p> <p><b>4 x 800m Relay:</b> Sections on time. Fastest section first.</p> <p><b>4 x 400m Relay:</b> Sections on time. Fastest section first.*</p> <p><b>*Lane Preference for these events: 5-6-4-3-2-1.</b></p>
<b>Performance Lists and Results:</b>	<p>Entry lists/performance lists will be posted on <a href="http://live.mstca.org">live.mstca.org</a> by Thursday, December 7. Live results will be available at the same site.</p>
<b>Equipment:</b>	<ul style="list-style-type: none"> <li>● Teams must provide their own relay batons.</li> <li>● Shot puts and starting blocks will be provided by meet management. Teams can not use their own.</li> </ul>

<b>High Jump:</b>	<ul style="list-style-type: none"> <li>• The Boys High Jump will open at 5' 4" and go up by 2"</li> <li>• The Girls High Jump will open at 4' 6" and go up by 2"</li> </ul>
<b>Long Jump:</b>	<ul style="list-style-type: none"> <li>• There will be NO long jump registration, competition, or fee for this meet. From 9:30 AM until the end of the meet, athletes will be able to sign-up for 30-minute sessions of access to the long jump (approximately 15 athletes per group).</li> <li>• During the 30 minutes, all of the athletes in the group will be able to utilize the long jump—whether doing run-throughs, short approach work, full jumps, or any other drills. There will be NO run backs allowed and NO measuring jumps (though a measuring board will be out to see approximations).</li> <li>• It being an early-season meet, our aim is to allow more athletes access to the long jump area, knowing that many lack indoor jumping facilities. There will be an official on hand to coordinate and a raker, but otherwise athletes will be expected to fairly alternate amongst themselves to make effective use of their time block.</li> </ul>
<b>Shot Put:</b>	<ul style="list-style-type: none"> <li>• Half the flights (the higher seeds) will be in the cage and half the flights (the lower seeds) will be in the corner to the left of the scoreboard.</li> <li>• All rotational throwers should contact the meet director to be placed in the cage regardless of seed.</li> <li>• Boys will compete first, simultaneously in both circles. Girls will follow when the relevant circle becomes available.</li> <li>• If boys and girls entries combine for five flights or fewer, only the cage will be used.</li> <li>• Each thrower will be allowed three throws. There will be no finals.</li> </ul>
<b>Spikes:</b>	<ul style="list-style-type: none"> <li>• Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C.</li> <li>• Spikes are allowed ONLY in the track area.</li> <li>• Correct spikes will be sold at the Run House apparel tables.</li> <li>• Anyone using needle spikes or spikes longer than 1/4" will be disqualified for the remainder of the meet.</li> </ul>
<b>Awards:</b>	There are no awards for this meet.
<b>Inclement Weather:</b>	<ul style="list-style-type: none"> <li>• Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day.</li> <li>• Notification regarding cancellations will be emailed through Athletic.net to your school's contact.</li> <li>• <u>There is no make-up date.</u></li> </ul>
<b>Parking:</b>	Parking is available in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located along Columbus Ave less than 1/4 mile from the RLC. Lot 2 is at the corner of New Heath Street, and Lot 3 is at the corner of Center Street.
<b>MSTCA Online/Social Media:</b>	<p>Website: <a href="http://www.mstca.org">www.mstca.org</a></p> <p>Entry Lists and Meet Results: <a href="http://live.mstca.org">live.mstca.org</a></p> <p>Live Streams of Meets: <a href="https://mstca.tv/">https://mstca.tv/</a></p> <p>Instagram: <a href="https://www.instagram.com/mass_state_track/">https://www.instagram.com/mass_state_track/</a></p> <p>Twitter/X: <a href="https://twitter.com/MSTCA1">@MSTCA1</a></p> <p>Facebook: <a href="https://www.facebook.com/groups/154532424151/">https://www.facebook.com/groups/154532424151/</a></p> <p>TikTok: <a href="https://www.tiktok.com/@mstca">@mstca</a></p>
<b>Version:</b>	This document was updated on 10/26/2023